Matt Dayton

1. ***What foods are commonly eaten? Bread is the main thing they have every day.*** People in Russia often grow their own crops and other food for meals.
2. ***What does a typical breakfast consist of? Lunch? Dinner? At what times are these meals eaten?***

Breakfast for children is usually an egg and a cup of juice, or kasha. This is served when the children wake up in the morning, whatever time it is.

Lunch is usually a soup with an occasional fish and or sausage and beef. It is normal for lunch to be eaten around 1-3 P.M.

Dinner is most of the time soup again, and then side dishes of potato cakes and a variety of vegetables.

3. ***What are some (at least two) famous recipes from your country?***

I learned that Kasha is a Russian dish that is served to kids for breakfast. Kasha is cooked grains served with butter and sugar.

Also, Bliny are the equivalent to our pancakes here in the U.S.

4. ***What are some foods from this country that are commonly eaten in your country? Are the foods prepared differently here than in this country?*** Russia cultures eat many soups and salads like we do here in the United States. However in Russia, salads sometimes consist of potatoes, ham and lettuce, all covered in a creamy mayonnaise. Soups, are occasionally like the soup we have here. The soups in Russia consist of beef or any meat in a bowl with noodles and the broth from the particular meat. This is usually served with sour cream.

5. ***What is your personal opinion of this country’s food? What looks appetizing? What looks repulsive? How do you think you are going to do eating this food every day?***

I think that Russian foods are very interesting. I think things like kasha and bliny would taste very good, but things like salads in Russia don’t seem appealing to me. I think I could end up surviving living in the Russian society.

6. ***Create your group’s visual. This could be a posterboard, a Powerpoint, or a Glogster, for example***.